

KANSAS



Department of Health and Environment

Health Education Facts

Cholesterol & Eating Right

Everyone should have their cholesterol checked as part of their regular visit to the doctor. A cholesterol level of 240 or greater is considered too high, and places people at increased risk of a heart attack.

A proper diet is the only way to reduce or prevent a high cholesterol level. Even if your cholesterol isn't high, a healthy diet is always a good idea. Simply paying attention to which foods you buy and how you prepare them can make a big difference.

Foods to buy more often

- Lean cuts of meat, poultry and fish.
- Skim or 1/2 % milk.
- Low fat cottage cheese, low fat yogurt.
- Part-skim milk cheeses (like part-skim mozzarella).
- Vegetable oils.
- Plain fresh, frozen, or canned vegetables and fruit.
- Baking potatoes, rice, pasta.
- English muffins, bagels, loaf breads, tortillas, pita.
- Cold and hot cereals.

Foods to buy less often

- Fatty cuts of meat, breaded poultry or fish.
- Whole milk, cream.
- Cheese spreads and cheeses (like cheddar, American, Swiss).
- Lard, butter, fat back, salt pork, shortening.
- Toppings (like butter, cheese sauces, gravy, sour cream).
- Vegetables in cream or cheese sauces.
- French fries or hash browns.
- Doughnuts, Danish pastry.

- Deserts (like many cakes, cookies and pies).
- Snack items (like chocolate bars and snack chips).

Fixing foods the low-fat way

- Trim the fat from meat before cooking.
- Bake or broil meat. Do not fry.
- Cook meat on a rack, so the fat will drip off.
- When using fat or oil, use less of it.
- Remove the skin from chicken and turkey. Use bread crumbs a substitute for skin, if desired.

Foods for snacks

- Air-popped popcorn with no butter.
- Hard candy, jelly beans.
- Bagels, raisin toast, or English muffins with margarine or jelly.
- Low-fat cookies (like fig newtons, vanilla wafers, gingersnaps).
- Fruits, vegetables.
- Fruit juices and drinks.
- Frozen yogurt, sherbet, popsicles.
- Pretzels.



Avoid snacking on these foods:

- Popcorn with butter.
- Chocolate bars.
- Doughnuts, Danish pastry.
- Cake, cookies, brownies.
- Milkshakes, eggnogs, floats.
- Ice cream.

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